

## Traditional Tastes 2015 : HOT 1 RED BAND

	WEEK ONE 05/01, 26/01, 16/02, 09/03, 30/03	WEEK TWO 12/01, 02/02, 23/02 16/03,	WEEK THREE 19/01, 09/02, 02/03, 23/03
MONDAY	Seasoned Chicken with a Tortilla Wrap and Mixed Salad (C)  ***** Frozen Yoghurt or Fruit Platter	Marinated Chicken served with Roasted Vegetables and Egg Noodles (C)  ***** Rowan Glen Yoghurt or Fruit Platter	Family Favourite Breaded Fish served with Chips and Garden Peas (F)  ***** Rowan Glen Yoghurt or Fruit Platter
TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B)  ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B)  ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C)  ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B)  ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B)  ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V)  ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B)  ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V)  ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B)  ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F)  ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C)  ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C)  ***** Fruit Crunchy Biscuit or Fruit Platter

Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

**THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3****Includes dessert of the day**

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> )
<b>SNACK</b>	Or
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter

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TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B) ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B) ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C) ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

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**THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3****Includes dessert of the day**

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> )
<b>SNACK</b>	Or
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter

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TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B) ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B) ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C) ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

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**THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3****Includes dessert of the day**

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> ) Or
<b>SNACK</b>	
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

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WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

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<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> ) Or
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**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

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WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
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<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
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**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

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WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
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**THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3****Includes dessert of the day**

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> )
<b>SNACK</b>	Or
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter

## Traditional Tastes 2015 : HOT 1 RED BAND

	WEEK ONE 05/01, 26/01, 16/02, 09/03, 30/03	WEEK TWO 12/01, 02/02, 23/02 16/03,	WEEK THREE 19/01, 09/02, 02/03, 23/03
MONDAY	Seasoned Chicken with a Tortilla Wrap and Mixed Salad (C) ***** Frozen Yoghurt or Fruit Platter	Marinated Chicken served with Roasted Vegetables and Egg Noodles (C) ***** Rowan Glen Yoghurt or Fruit Platter	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Rowan Glen Yoghurt or Fruit Platter
TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B) ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B) ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C) ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

### Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

**THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3****Includes dessert of the day**

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul>
<b>DELI BAR</b>	Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> )
<b>SNACK</b>	Or
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter



## Traditional Tastes 2015 : HOT 1 RED BAND

	WEEK ONE 05/01, 26/01, 16/02, 09/03, 30/03	WEEK TWO 12/01, 02/02, 23/02 16/03,	WEEK THREE 19/01, 09/02, 02/03, 23/03
MONDAY	Seasoned Chicken with a Tortilla Wrap and Mixed Salad (C) ***** Frozen Yoghurt or Fruit Platter	Marinated Chicken served with Roasted Vegetables and Egg Noodles (C) ***** Rowan Glen Yoghurt or Fruit Platter	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Rowan Glen Yoghurt or Fruit Platter
TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B) ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B) ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C) ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognaise accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

**THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3****Includes dessert of the day**

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> )
<b>SNACK</b>	Or
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

**FILLING STATION OFFERED DAILY****Cold options 4 & 5****Includes dessert of the day****Choose from****Wholemeal baguette (WHITE BAND)****Sliced Bread (GREY BAND)****Filling options****Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter

## Traditional Tastes 2015 : HOT 1 RED BAND

	WEEK ONE 05/01, 26/01, 16/02, 09/03, 30/03	WEEK TWO 12/01, 02/02, 23/02 16/03,	WEEK THREE 19/01, 09/02, 02/03, 23/03
MONDAY	Seasoned Chicken with a Tortilla Wrap and Mixed Salad (C) ***** Frozen Yoghurt or Fruit Platter	Marinated Chicken served with Roasted Vegetables and Egg Noodles (C) ***** Rowan Glen Yoghurt or Fruit Platter	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Rowan Glen Yoghurt or Fruit Platter
TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B) ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B) ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C) ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka Masala with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

### Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

## THEME MEALS OFFERED DAILY HOT OPTIONS 2 & 3

Includes dessert of the day

<b>MONDAY</b>	Cheese and Tomato Pizza ( <b>2: YELLOW</b> ) or
<b>ITALIMANIA</b>	Tomato and Mozzarella Pasta ( <b>3: PURPLE</b> ) Choose additional toppings <ul style="list-style-type: none"> <li>• Spicy Chicken</li> <li>• Sliced Ham</li> <li>• Roasted vegetables</li> </ul> Served with garlic bread
<b>TUESDAY</b>	Paninis ( <b>2: YELLOW</b> ) or Jacket Potato ( <b>3: PURPLE</b> )
<b>CAFÉ DAY</b>	Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
<b>WEDNESDAY</b>	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none"> <li>• Quorn Chilli</li> </ul>
<b>MEXICAN</b>	<ul style="list-style-type: none"> <li>• Mexican Chicken</li> <li>• Spicy Nuggets</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>THURSDAY</b>	Sub roll Filled with <ul style="list-style-type: none"> <li>• Hot Spicy Chicken</li> </ul>
<b>DELI BAR</b>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Chicken Fillet</li> </ul> Served with shredded lettuce
<b>(2 :YELLOW)</b>	
<b>FRIDAY</b>	British Beef Burger in a bun ( <b>2 : YELLOW</b> )
<b>SNACK</b>	Or
<b>SENSATION</b>	Quorn Hot Dog in a warm bun. ( <b>3 : PURPLE</b> )

## FILLING STATION OFFERED DAILY

Cold options 4 & 5

Includes dessert of the day

Choose from

Wholemeal baguette (**WHITE BAND**)

Sliced Bread (**GREY BAND**)

Filling options

Cheese, sliced ham, Tuna and free range mayonnaise

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter